

// Northwest Navy All Hands Message

Coronavirus Disease 2019 (COVID-19)

Update 57: Apr. 8, 2021

STATUS UPDATE

COVID-19 cases have risen in some areas of the country in recent weeks. Vaccinations continue while communities across the country are still seeing new positive COVID-19 cases each week. Protective measures remain in effect across Navy Region Northwest installations to continue limiting the spread of the virus among Navy personnel and families. All Northwest Navy installations are in Health Protection Condition (HPCON) Bravo (B).

Northwest Navy Installation Commanding Officers (COs) continue to assess their local operating environment and make decisions to mitigate risk to the health and safety of Navy personnel and to the Navy's ability to continue performing mission essential operations. Northwest Navy Family members should monitor their respective installation websites and social media pages for the latest base-specific updates on services and activities.

As vaccination efforts continue, more communities are reopening public spaces and businesses to more activities. Navy personnel should be aware that the Navy's measures may continue to differ from state or county guidelines. It is essential that all personnel take personal responsibility to continue limiting the spread of the disease. Everyone must remain vigilant in their individual protective behaviors both on and off base, including maintaining physical distancing, using face coverings, maintaining good hygiene, conducting medical screening and regular cleaning and disinfecting frequently touched surfaces.

Current Numbers:

- Washington (WA) Dept. of Health, as of Apr. 6, reported 347,523 cases and 5,306 deaths. Visit <https://www.doh.wa.gov/Emergencies/COVID19/DataDashboard> for the latest WA data.
- Dept. of the Navy, as of Apr. 7, reported 1,740 confirmed active cases among military, civilians, family members and contractors. Navy Medical Treatment Facilities have administered approximately 656,401 vaccine doses so far. Visit <https://www.navy.mil/US-Navy-COVID-19-Updates/> for the Navy's latest report.

Update #57 includes the following:

1. Local COVID-19 vaccination: more people eligible, mass vaccination events
2. More Vaccine Resources: Veterans Affairs, Madigan, Retail Pharmacies and Washington State
3. CNRNW mask waivers
4. Updated Navy Personnel Movement and Travel Restrictions
5. All Northwest Navy Installations in HPCON B
6. COVID Economic Impact Payments and Taxes
7. Frequently Asked Questions about SARS-CoV-2 vaccines
8. Vaccine: Important to protecting people and ending the pandemic, and what to expect
9. CDC practical tips, web links to reference sites, and general information for Navy employees

1. Local COVID-19 vaccination: more people eligible, mass vaccination events

Military medical professionals continue to administer doses of FDA-approved SARS-CoV-2 vaccines to personnel around the world, including here in the Northwest, in accordance with the Dept. of Defense's phased plan. Navy medical treatment facilities (MTF) have opened up vaccination to a wider range of individuals and some have begun holding mass vaccination events.

Naval Hospital Bremerton (NHB) and Branch Health Clinic Everett:

NHB, including the Everett clinic, is administering the Moderna COVID-19 vaccine to all eligible beneficiaries 18 and over. All vaccination opportunities, including mass vaccination evolutions being held, require patients to make an appointment.

Keep an eye on NHB's social media and website to find date and location of vaccination opportunities as well as any other vaccination updates.

To participate, personnel must schedule an appointment. Patients can make an appointment by phone by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday, or online at the following websites:

NHB appointments: <https://informatics-stage.health.mil/Bremerton1COVIDApp/>

Branch Health Clinic Everett appointments: <https://informatics-stage.health.mil/EverettCOVIDApp/>

Find the latest NHB information at <https://bremerton.tricare.mil/Patient-Resources/-COVID-19-Vaccine> or <https://www.facebook.com/navalhospitalbremerton>.

Naval Health Clinic Oak Harbor (NHCOH):

NHCOH is providing the Moderna COVID-19 vaccine to TRICARE beneficiaries, age 18 years and older. Vaccination appointments are only for military retirees, family members of active duty and family members of retirees. Active Duty members are not eligible to book a vaccine appointment and will be scheduled for a vaccination by their command.

Eligible individuals can schedule an appointment online at NHCOH Vaccine Clinic website (<https://informatics-stage.health.mil/OakHarborCOVIDApp/>) or by phone by calling the Puget Sound Military Appointing Center at 1-800-404-4506.

Find the latest NHCOH information at <https://oakharbor.tricare.mil/Patient-Resources/COVID-Vaccine> or <https://www.facebook.com/NavalHealthClinicOakHarbor>.

VACCINE
VERSUS
VIRUS

Most Common Side Effects of the COVID-19 Vaccines

On the arm where you got the shot:

- Soreness
- Redness
- Swelling

Other Vaccine Side Effects

- Fever
- Chills
- Headache
- Tiredness

These are all normal and should go away in a few days.

Most Common Long-term Symptoms of COVID-19 Disease

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other Long-term Disease Symptoms

- Depression
- Muscle pain
- Headache
- Intermittent fever
- Fast-beating or pounding heart (palpitations)

Vaccine Severe Allergic Reactions

Severe allergic reactions are very rare.

When they do occur, it is usually immediately, which is why you are asked to wait for at least 15 minutes after getting vaccinated.

Serious Long-term Disease Complications

These are less common, but have been reported:

- Inflammation of the heart
- Abnormal lung function
- Acute kidney injury
- Hair loss
- Smell and taste problems

When it comes to the vaccine vs. the virus, the COVID-19 vaccine wins the day!

The COVID-19 vaccine will protect you from COVID-19 infection and all the long-term health complications the disease can cause.

Getting the vaccine is voluntary, but all DoD personnel are encouraged to get it to protect their health, their families and their community.

If not done so already, military and civilian personnel should discuss the vaccine with their supervisor/chain of command to learn which phase they are in. Commands will provide more information about vaccine scheduling with personnel as plans and schedules are solidified.

Vaccines will be offered to more personnel and beneficiaries as more vaccine becomes available and after prioritized groups and individuals have been vaccinated.

Regardless of vaccination status, personnel should continue to follow directions and guidance from their chain of command regarding protective measures.

Personnel that have not yet received their first shot may also want to familiarize themselves ahead of time with certain relevant documents, including Emergency Use Authorization (EUA) fact sheets for each FDA-approved COVID-19 vaccine and the DHA Form 207 COVID-19 Vaccine Screening and Immunization Documentation.

The EUA fact sheets and DHA Form 207 can be found on Military Health System's website at <https://health.mil/Military-Health-Topics/Health-Readiness/Immunization-Healthcare/IHD-COVID-19-Vaccine-Resource-Center-for-Health-Care-Personnel#Forms>. (Note: To view or download DHA Form 207 requires Common Access Card authentication.)

2. More Vaccine Resources: Veterans Affairs, Madigan, Retail Pharmacies and Washington State

For those eligible and able to get vaccinated outside of Navy Medical Treatment Facilities, there are other vaccination options available.

U.S. Dept. of Veterans Affairs

In late March 2021, Congress passed a new law that allows the U.S. Dept. of Veterans Affairs (VA) to offer COVID-19 vaccines to more Veterans and some spouses and caregivers of Veterans. The expanded authority depends on readily available COVID-19 vaccine supply and requires VA to continue to prioritize vaccinations and healthcare delivery for Veterans enrolled in VA care. The VA currently has a limited amount of vaccine doses but are working to determine how quickly they can begin administering vaccines to these other groups.

VA Puget Sound Health Care System vaccination sites include Seattle, American Lake, Silverdale and Mount Vernon. Vaccinations are by appointment only. Eligible Veterans can call (206) 716-5716 to schedule a vaccination or contact their primary care team. Their COVID-19 Vaccine Hotline (recorded message) is updated daily with current vaccine scheduling information: (206) 277-4040.

Find more local Puget Sound area vaccine information from the VA Puget Sound Healthcare System website at <https://www.pugetsound.va.gov/services/covid-19-vaccines.asp>.

Veterans with general questions about COVID-19 or vaccination should call 1-800-myVA411 (1-800-698-2411) and press 8 for COVID information, or visit www.va.gov/health-care/covid-19-vaccine/. The VA also has answers to frequently asked questions about COVID-19 at <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>.

Madigan Army Medical Center

Madigan Army Medical Center continues to vaccinate patients and beneficiaries. Starting April 12, Madigan will vaccinate all enrolled patients and other Tricare eligible beneficiaries 16 years of age or

older on Joint Base Lewis-McChord at the McChord Field Drive Thru Site. Those who previously had a 2nd dose vaccination appointment scheduled at American Lake Conference Center prior to their announcement on April 5 will still receive their second dose at American Lake and there is no need to reschedule.

To get the vaccine, patients must make an appointment by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday and Sunday, or by visiting the link to Madigan's online COVID-19 Vaccine Scheduler at <https://go.usa.gov/xHc4t>.

Individuals can keep an eye on Madigan's website at <https://madigan.tricare.mil/Health-Services/Preventive-Care/COVID-19-Vaccine> or call the dedicated COVID-19 Vaccine Hotline at 253-968-4744 for the latest updates on the COVID-19 vaccine availability and other updated information.

Retail Pharmacies

The federal government launched the Federal Retail Pharmacy Program for COVID-19 Vaccination. It is a collaboration between the federal government, states and territories, and 21 national pharmacy partners and independent pharmacy networks to increase access to COVID-19 vaccination across the United States. This program is one component of the Federal government's strategy to expand access to vaccines for the American public.

The program is being implemented incrementally based on the available vaccine supply, with select retail pharmacy locations providing COVID-19 vaccine to eligible individuals. As vaccine availability increases over time, the program will expand

Personnel eligible to receive the vaccine through non-Navy/non-military medical facilities can check the Centers for Disease Control and Prevention's website to find out more and learn which retail pharmacies may be participating in each state: <https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/index.html>

Pharmacies participating in the program may include TRICARE network pharmacies and non-network pharmacies. The availability of the vaccine may vary by location. TRICARE says that beneficiaries will eventually be able to get the COVID-19 vaccine through the following means:

- Local military hospital or clinic
- Local or state health department COVID-19 vaccination sites
- Civilian medical provider
- Pharmacies participating in the Federal Retail Pharmacy Program

TRICARE says there is no cost-share if the vaccine is received at a TRICARE network pharmacy and there is no cost for the COVID-19 vaccine itself if received at a non-network pharmacy.

Find out more from TRICARE about the vaccine at https://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/02_18_2021_More_Options_Get_COVID19_Vaccine.

Washington State and Counties

Washington (WA) State has online resources to help people find a COVID-19 vaccination facility near

them. Right now in WA State, facilities are administering vaccines to those eligible for the vaccine in the state's current phase. States' vaccination plan phases and tiers may be slightly different than the phases used by the Dept. of Defense in its vaccination plan.

Those eligible to receive the vaccine through non-Navy/non-military means can access the WA State Phase Finder web tool and view the list of locations administering the vaccine online at <https://www.doh.wa.gov/YouandYourFamily/Immunization/VaccineLocations>. The state cautions that the listed facilities may not always have vaccine in stock as inventory varies daily.

Washington county public health departments are also providing local resources for COVID-19 vaccination within the respective counties:

Kitsap County: https://kitsappublichealth.org/CommunityHealth/CoronaVirus_Vaccine.php or call 360-728-2219

Island County: <https://www.islandcountywa.gov/Health/Pages/Covid-Vaccine.aspx>

Snohomish County: <https://snohomish-county-coronavirus-response-snoco-gis.hub.arcgis.com/pages/covid-19-vaccine> or call 425-339-5278.

Jefferson County: <https://jeffersoncountypublichealth.org/1529/COVID-19-Vaccine>

3. CNRNW supplemental mask waivers

Commander, Navy Region Northwest approved the following exceptions to the face covering/mask requirement for all Navy Region Northwest installations:

- In Navy fitness centers while actively engaged in cardio activity; masks will be required at all other times in fitness centers.
- For Child and Youth Program-enrolled children ages 5 and below at Child Development Centers (CDC) and Child Development Homes (CDH).

These local mask waivers supplement the Navy's waivers approved by Secretary of the Navy in a signed memo on March 4, 2021, which include the following:

- When an individual is alone in an office with floor-to-ceiling walls with a closed door;
- For brief periods of time when eating and drinking while maintaining physical distancing in accordance with CDC guidelines and instructions from commanders and supervisors;
- When the mask is required to be lowered briefly for identification or security purposes;
- When necessary to reasonably accommodate an individual with a disability;
- When necessary to reasonably accommodate participation in a religious service;
- When underlying health conditions exist that prohibit mask wearing, and the individual is in possession of medical documentation from a military or licensed civilian healthcare provider outlining the condition and the restriction it places on the mask wearing;
- When outdoors, including for physical fitness, and appropriate physical distancing can be maintained in accordance with CDC guidance;
- When clear or unrestricted visualization of verbal communication is required for safe and effective operations (e.g. Air Traffic Control, Emergency Dispatch, Police/Fire/Emergency

Services;

- Children under the age of two and anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance;
- Personnel conducting training in which mask wearing is not feasible, such as swim qualification, amphibious, or aquatic training events; or where mask wearing impedes safety, such as live-fire, Chemical, Biological, Radiological, and Nuclear (CBRN), or other high-risk training events where masks create a hazard;
- Individuals alone (or with members of their household) in their housing, barracks room, private outdoor space, or personally owned vehicle;
- Personnel operating machinery, tools and/or other items during the use of which a mask would present a safety hazard.

4. Updated Navy Personnel Movement and Travel Restrictions

Navy recently released NAVADMIN 073/21 that updates personnel movement and travel restrictions. The Navy continues to utilize a conditions-based approach to personnel movement and travel to mitigate the risks associated with the coronavirus pandemic. Conditions for travel restrictions are based on installation-level data regarding conditions in and surrounding Dept. of Defense (DoD) installations, facilities and locations.

The status of travel restrictions will be posted weekly on MyNavy Portal at <https://www.mnp.navy.mil/group/don-covid-19-travel-tracker> and at <https://www.defense.gov/Explore/Spotlight/Coronavirus/>.

Unrestricted travel conditions still mean the traveler is at some risk of COVID-19 exposure during transit. Leaders should continue reviewing travel plans with personnel to ensure appropriate force health protection measures are implemented, including restriction of movement (ROM) if warranted.

Leaders should evaluate the manner and location of the travel, and the traveler's immunization status to determine if ROM is necessary.

Commands and individuals (military and civilians) shall remain vigilant and implement reasonable measures to reduce risk of exposure and infection where appropriate.

Commanders and supervisors will follow the procedures in DoD's Force Health Protection Supplement 14 to include conducting a risk assessment of the health status and travel itinerary for Navy Service Members requesting leave or liberty outside the local area.

Navy personnel should comply with any DoD, component, federal, state and local restrictions while in a leave/liberty status.

For areas with travel restrictions in place, all personnel should follow federal, state and local (including host nation) direction, as well as direction from their chain of command, including observing any "stay at home" orders if in effect, maximizing telework based on mission priorities and practicing physical distancing.

Find the full NAVADMIN 073/21 online at https://www.mynavyhr.navy.mil/Portals/55/Messages/NAVADMIN/NAV2021/NAV21073.txt?ver=ZzIKkHJWghfG2K_dnZzmng%3d%3d.

5. All Northwest Navy Installations in HPCON B:

Naval Station Everett is now permitted to adjust health protection conditions from Charlie (HPCON C) to Bravo (HPCON B).

Naval Base Kitsap, Naval Air Station Whidbey Island and Naval Magazine Indian Island were permitted to adjust to HPCON B last week. All installation leaders continue to monitor the situation on and around their installation and maintain plans to adjust measures to protective measures when necessary to protect the health and safety of Northwest Navy personnel.

All Navy personnel should comply with guidance provided by their Installation Commanding Officers regarding on-base service and facilities. Please continue to monitor the following installation and Fleet & Family Readiness Facebook pages for the latest COVID-19 information:

Naval Air Station Whidbey Island:

Facebook page: <https://www.facebook.com/NASWhidbeyIsland>

Website: https://www.cnic.navy.mil/regions/cnrnw/installations/nas_whidbey_island/about/faqs.html

NavyLife NAS Whidbey Island Facebook page: <https://www.facebook.com/WhidbeyFFR>

Naval Base Kitsap:

Facebook page: <https://www.facebook.com/kitsapnavy>

NavyLife Naval Base Kitsap Facebook page: <https://www.facebook.com/KitsapFFR>

Naval Station Everett:

Facebook page: <https://www.facebook.com/NavalStationEverett>

NavyLife Naval Station Everett Facebook page: <https://www.facebook.com/EverettFFR>

Navy Region Northwest Fleet and Family Readiness Program:

Website: <https://www.navylifepnw.com>

HPCON B measures in place at an installation applies to all service members, civilian employees and contractors. At a minimum, all personnel and commands should continue to follow health protection measures in alignment with Centers for Disease Control and Prevention (CDC), Dept. of Defense/Dept. of the Navy and state guidelines, including:

- All individuals performing official Dept. of the Navy/Dept. of Defense duties from any location other than the individual's home must wear masks or cloth face coverings and practice physical distancing of at least six feet in accordance with the most current CDC guidelines.
- Personnel must wear masks/cloth face coverings in accordance with current CDC, DoD and Navy guidelines. Masks must be worn at all times while on military installations except:
 - When an individual is alone in an office with floor-to-ceiling walls with a closed door;
 - For brief periods of time when eating and drinking while maintaining physical distancing in accordance with CDC guidelines and instructions from commanders and supervisors;
 - When the mask is required to be lowered briefly for identification or security purposes;
 - When necessary to reasonably accommodate an individual with a disability;
 - When necessary to reasonably accommodate participation in a religious service;

- When underlying health conditions exist that prohibit mask wearing, and the individual is in possession of medical documentation from a military or licensed civilian healthcare provider outlining the condition and the restriction it places on the mask wearing;
 - When outdoors, including for physical fitness, and appropriate physical distancing can be maintained in accordance with CDC guidance;
 - When clear or unrestricted visualization of verbal communication is required for safe and effective operations (e.g. Air Traffic Control, Emergency Dispatch, Police/Fire/Emergency Services);
 - Children under the age of two and anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance;
 - Personnel conducting training in which mask wearing is not feasible, such as swim qualification, amphibious, or aquatic training events; or where mask wearing impedes safety, such as live-fire, Chemical, Biological, Radiological, and Nuclear (CBRN), or other high-risk training events where masks create a hazard;
 - Individuals alone (or with members of their household) in their housing, barracks room, private outdoor space, or personally owned vehicle;
 - Personnel operating machinery, tools and/or other items during the use of which a mask would present a safety hazard.
 - (CNRNW only) In Navy fitness centers while actively engaged in cardio activity; masks will be required at all other times in fitness centers.
 - (CNRNW only) For Child and Youth Program-enrolled children ages 5 and below at Child Development Centers (CDC) and Child Development Homes (CDH).
- Personnel and commands must maintain strict good hygiene measures such as refraining from handshaking, regularly and thoroughly washing hands, and regular cleaning and disinfecting of frequently touched surfaces.
 - Maintain no-touch ID/credential scanning at all entry control points. Personnel will be required to present both sides of their ID/credential and hold for screening by the guard.
 - Limit business and social gatherings. Essential operations and training are not limited in size, but must maintain social distancing and use of cloth face coverings.
 - Commands should continue allowing telework for employees and using virtual meeting options instead of in-person meetings.
 - Personnel and commands must maintain strict good hygiene measures such as refraining from handshaking, regularly and thoroughly washing hands, and regular cleaning and disinfecting of frequently touched surfaces.
 - Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings at the commander's discretion.
 - Personnel should avoid non-essential travel and minimize stops outside of work and home. Personnel should check travel advisories and utilize the NRNW Travel Planner Tools to help them make informed decisions for work or personal travel. The planning tools can be found online at <https://www.cnrc.navy.mil/regions/cnrnw/om/COVID-19.html>. Personnel should continue discussing pre- and post-travel decisions with their supervisor.

- Commands should direct that all personnel considering travel to check travel advisories and use the NRNW COVID-19 Travel Planner Tools help in making travel plans, or helping in modifying, cancelling or postponing the travel based on COVID-19 risks associated with travel locations, planned activities and modes of transportation.
- Personnel should continue to stay home if they are feeling ill, self-isolate as best possible and notify their supervisor. Personnel requiring medical attention should call their medical care provider. Commands should ensure personnel exposed to or diagnosed with COVID-19 are isolated or quarantined in accordance with CDC and DoD guidance.
- Installation visitor control centers (VCC) continue screening all personnel seeking installation access using the most current COVID-19 health questionnaire, which can be found at the bottom of this update. VCCs continue the use of electronic means to the maximum extent possible to grant installation access and discontinued waiting room use when physical distancing cannot be maintained.
- Region Legal Service Office Northwest is continuing to provide legal assistance. Visit https://www.jag.navy.mil/legal_services/rlo/rlo_northwest.htm for more information.

Commands and service members should maintain appropriate health protection condition measures both on and off installations, even when those restrictions or measures are more stringent than those placed upon the general public. DoD civilian employees, military families and contractors are strongly encouraged to comply with this guidance to minimize risk to personnel and the greater Navy Family.

Personnel unsure of how these changes will affect their work schedule or specific duty location and procedures should contact their supervisor and work through their chain of command for clarification.

6. COVID Economic Impact Payments and Taxes:

According to the Internal Revenue Service (IRS), many individuals eligible for the COVID-related Recovery Rebate Credit already received the full amount in two rounds of payment known as Economic Impact Payments (also known as stimulus payments or checks). For those who were issued the full amount of each Economic Impact Payment, they don't need to claim the Recovery Rebate credit or include any information related to it when they file their 2020 tax return.

For those eligible for the credit but didn't receive any Economic Impact Payments or were issued less than the full amounts, they can claim the Recovery Rebate Credit when filing their 2020 tax return.

To learn more about how to claim the credit, visit the IRS's website at <https://www.irs.gov/newsroom/recovery-rebate-credit>.

Military personnel can also find assistance through the Military OneSource Tax Resource Center. Visit <https://www.militaryonesource.mil/financial-legal/tax-resource-center/> to learn more.

7. Frequently Asked Questions about SARS-CoV-2 vaccines:

Coordination continues for the administering of FDA-approved SARS-CoV-2 vaccine to Northwest Navy personnel who choose to get it. Many common questions have been answered by experts and that information is available online. Personnel with other questions not listed on the following websites can discuss further with their supervisor or healthcare provider.

Answers to Frequently Asked Questions about the COVID-19 vaccine and vaccination program can be

found online at the following websites. These websites are updated regularly as more information becomes available.

Military Health System's (MHS) website: <https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Vaccine-Efforts/Getting-the-COVID-19-Vaccine>

Centers for Disease Control and Prevention's (CDC) Vaccine FAQs site: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

8. Vaccine: Important to protecting people and ending the pandemic, and what to expect:

Everyone is encouraged to get the vaccine.

Receiving the vaccine is currently voluntary, but all personnel are encouraged to get the vaccine when they are able to do so. The SARS-CoV-2 virus and the disease it causes, COVID-19, has disrupted life in the United States. The shortest path to restoring normal operations, and protecting Navy service members, civilians and dependents is to efficiently vaccinate a large portion of the force.

Protective measures and behaviors still needed.

Even with the vaccine being administered, experts say it could be months before there's any noticeable change in the number of cases of COVID-19 across the country.

Because of this, in the meantime, everyone should continue to follow public health guidance and practice the same protective behaviors such as wearing a face covering, physical distancing, avoiding crowds and gatherings, thoroughly washing and sanitizing hands, and regularly cleaning and disinfecting frequently- touched surfaces.

The CDC says that while experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic.

The vaccine is safe.

U.S. government and medical experts say that the vaccines authorized for emergency use by the FDA are safe. The approved vaccines were thoroughly tested through multiple rounds of clinical trials and the results were validated. The tests indicated that the vaccines are effective at preventing COVID-19.

The vaccine itself does not pose a threat to family members or others around the recipient once administered. Vaccine recipients will not get COVID-19 from the vaccine. The vaccines use inactivated virus, parts of the virus, or a gene from the virus. None of these can cause COVID-19.

Some side effects are normal.

The Centers for Disease Control and Prevention (CDC) states as with most vaccines, some people may experience some side effects, which are normal signs that their body is building protection against the virus. The common side effects include mild pain and swelling in the arm where the shot was administered, and fever, chills, tiredness and headaches. The side effects of the COVID-19 vaccine may feel like the flu and could affect one's ability to do daily activities, but they should go away in a few days. If a person's condition worsens or is still present after a few days, they should contact their doctor or healthcare provider.

Additional information about what to expect after getting a COVID-19 vaccine, including common side effects and helpful tips, visit the CDC's website at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>.

For information about U.S. COVID-19 vaccine planning, how the vaccines work, vaccine safety, and more, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>.

9. CDC Practical Tips:

There are simple things the CDC recommends people continue to do to reduce risk of infection and prevent the spread of COVID-19. These include:

- Wash your hands often with soap and water for 20 seconds; use sanitizer containing at least 60% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with sick people; maintain physical distance of at least six feet outside of your home
- Do not gather in groups and do not go out in public if you are sick, unless seeking medical attention
- Cover coughs and sneezes, and discard used tissues in the trash and wash your hands immediately after
- Cover your mouth and nose with a cloth face covering when around others
- Clean and disinfect frequently touched surfaces at least daily

INFORMATION RESOURCES

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC COVID-19 Vaccination FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
- Military Health Service COVID-19 Vaccine FAQs: <https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Vaccine-Efforts/Getting-the-COVID-19-Vaccine>
- DoD COVID-19 Rumor Control: <https://www.defense.gov/Explore/Spotlight/Coronavirus/Rumor-Control/>
- DoD COVID-19 Vaccine Availability Information: <https://www.defense.gov/Explore/Spotlight/Coronavirus/Vaccine-Availability/>
- NW Navy Vaccination Appointments Websites:
 - Naval Hospital Bremerton: <https://informatics-stage.health.mil/Bremerton1COVIDApp/>
 - NHB Branch Health Clinic Everett: <https://informatics-stage.health.mil/EverettCOVIDApp/>
 - Naval Health Clinic Oak Harbor: <https://informatics-stage.health.mil/OakHarborCOVIDApp/>
- Naval Hospital Bremerton COVID-19 Vaccine Info: <https://bremerton.tricare.mil/Patient-Resources/-COVID-19-Vaccine> or <https://www.facebook.com/navalhospitalbremerton>
- Naval Health Clinic Oak Harbor COVID-19 Vaccine Info: <https://oakharbor.tricare.mil/Patient-Resources/COVID-Vaccine> or <https://www.facebook.com/NavalHealthClinicOakHarbor>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.mhsnurseadvice.com
- Tricare Coronavirus FAQs: www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs
- Washington State Dept. of Health COVID-19 site: <https://www.doh.wa.gov/Emergencies/Coronavirus>

- Washington State Department of Health novel coronavirus call center: 1-800-525-0127 and press #
- Naval Air Station Whidbey Island Facebook page and website:
<https://www.facebook.com/NASWhidbeyIsland/>
https://www.cnmc.navy.mil/regions/cnrnw/installations/nas_whidbey_island/about/faqs.html
- NavyLife NAS Whidbey Island Facebook page: <https://www.facebook.com/WhidbeyFFR/>
- Naval Base Kitsap Facebook page: <https://www.facebook.com/kitsapnavy/>
- NavyLife Naval Base Kitsap Facebook page: <https://www.facebook.com/KitsapFFR/>
- Naval Station Everett Facebook page: <https://www.facebook.com/NavalStationEverett/>
- NavyLife Naval Station Everett Facebook page: <https://www.facebook.com/EverettFFR/>
- Navy Region Northwest Fleet and Family Readiness Program: <https://www.navylifepnw.com/>
- US Navy COVID-19 Leaders' Handbook: <https://allhands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook>.
- Navy Region Northwest Travel Planning Tools:
<https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>

NAVY REGION NORTHWEST EMPLOYEES

Our work continues with health and safety protective measures in place. Unless you are told otherwise by your supervisor, please continue with your same actions, including teleworking when possible and maintaining physical distancing and wearing of face coverings. Please discuss with your supervisor if you need clarification on your work situation or if you have questions about which Navy vaccination phase you may be in and when the vaccinations are planned.

Personnel required to physically report to work are to conduct self-screening using the questionnaire below and report to their supervisor prior to entering the base and reporting to work. Employees working from home are asked to also continue to monitor their own health for any signs of illness and keep their supervisor informed if their status changes. If you are sick, you should stay home, try to distance from others in your household as best you can, and contact your health care provider as needed.

INSTALLATIONS AND COMMANDS

Northwest Navy Installations and Commands will continue to communicate additional, specific guidance and efforts with their people through their respective communication channels.

FUTURE UPDATES

Monitor news resources and public health updates regularly to stay informed. Navy Region Northwest will continue to provide Navy-specific updates for the Navy family at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>. This Northwest Navy information “hub” will include status updates, handy information flyers for printing and posting, and links to additional information and resources from our public health partners.

ENCLOSURE: NAVY REGION NORTHWEST COVID-19 SCREENING QUESTIONNAIRE

CNRNW COVID-19 Screening Questionnaire (version 2021.03.01)

1. **IN THE PAST 24 HOURS**, have you had any of the following symptoms? YES NO

- a. Fever
- b. Cough (not due to allergies)
- c. Sore Throat
- d. Shortness of Breath
- e. Loss of smell or taste

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, continue to wear a mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). **Follow CDC/OSD Guidance.**

***Entry denied**

2. **TEMPERATURE CHECK** (if directed). Is temperature above 100°F (37.8°C)? (due to close proximity, screeners should wear mask or cloth face covering as directed)

– **Masks are required at all times while onboard the installation**

YES NO

If No, screening complete. Access granted.

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, continue to wear a mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival) **Quarantine/ROM may be required.**

***Entry denied**

If not FULLY IMMUNIZED², answer Questions 3 and 4 as well.

3. Have you had **CLOSE CONTACT**, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)

- a. Within 6 feet for prolonged period of time
(**> 15 minutes cumulatively over a 24 hour period**) YES NO
- b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.) YES NO

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, continue to wear a mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival) **Quarantine may be required.**

***Entry denied**

4. Have you **traveled to or had close contact with anyone who traveled** outside the local area to areas identified with **high infection rates¹** in the past 14 days?

(>100 cases / 100K population over last 7 days) YES NO

If "YES", uniformed/GS/Contractor personnel contact supervisor/employer and follow CDC/OSD Guidance. **ROM may be required.**

¹Visitor Control Centers will utilize questions 1, 2, and 3 only for customers requesting access to the Installation.

²Fully immunized is defined as both doses of vaccine completed (Moderna or Pfizer) and two weeks elapsed since the second dose. If single dose vaccine (Johnson-Johnson) two weeks elapsed since vaccination.

Commands approving travel are responsible for determining if ROM may be required. The following websites provide guidance for determining risk associated with travel.

DoN Travel Tracker:

<https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>

NRNW Travel Planner:

<https://www.cnrc.navy.mil/regions/cnrnw/om/COVID-19.html>

DHS Early Indicators Daily State and County Status:

<https://esportal.med.navy.mil/sites/NHBrem/CS/PopHealth/MISC/NPH/PUBHLTH/PHAP/COVID-19/RTG/SitePages/Home.aspx>

CDC County Map:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html>